

# Primary Care Interventions for Teen Smokers

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The 2000 Public Health Service Clinical Practice Guideline recommended that primary care providers deliver the 5A screening and intervention to their adolescent patients who smoke. This recommendation was based on expert consensus because relevant randomized controlled trials were not yet available. The current study provided such a trial.

A total of 101 primary care practices (47 family and 54 pediatric practices) were recruited in a six county area and randomized QNow (intervention) or QLater (usual care). Across all practices, over 8,000 adolescents were enrolled in an “Adolescent Health Behavior Survey.” At this initial telephone survey, 1,000 smokers were identified and followed at 3 and 12 months for determination of the impact of the intervention on smoking cessation. QNow practices received onsite CME training in delivering a 5A intervention to adolescent smokers, including referral to cessation adjuncts. Separate onsite sessions were conducted with clinicians (in delivering the intervention) and office staff (in setting up an office system to support the intervention). Preliminary analyses indicated that adolescents in QNow practices were more likely to be asked if they smoked and if they wanted to quit, and were more likely to be given something by their doctor to help them quit, suggesting that QNow practices were more likely to implement the Public Health Service Guideline in which they had been trained by the project. Preliminary adolescent cessation outcomes will be presented and methodological issues will be discussed.